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WHERE TO LIVE

a guide
for
senior adults

IN SANTA CLARA &
SAN MATEO COUNTIES

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City of Palo Alto

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Midpeninsula Citizens for Fair Housing
Palo Alto Housing Corporation

Santa Clara County: Council on Aging
San Mateo County: Area Agency on Aging

Association of Bay Area Governments

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March, 1976

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WHERE TO LIVE

a guide
to housing &
alternative living
arrangements
for senior adults

IN SANTA CLARA &
SAN MATEO COUNTIES

This directory has been published to assist senior adults, their families and friends, and agencies which work with older persons, to locate and evaluate appropriate housing and living arrangements.

Inclusion in this guide does not constitute an endorsement of any housing or alternative living facility.

All facilities listed in this directory are non-sectarian, and are prohibited by law from discriminating on the basis of race, religion, ethnic origin, sex or marital status. If you think you are being discriminated against, call, toll free,

H-O-U-S-I-N-G (468-7464)

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How to use this directory

"Where to Live?" is a question often asked by those over 62. A move may be required because of a change in rent, income, health, family composition, or other reasons. This directory may be used in addition to or as a substitute for counseling.

Because many seniors prefer to remain in their present homes, **Chapter 2** describes home services and financial assistance programs which may make this possible.

If a change must be considered, careful thought should be given to which type of living arrangement would be most appropriate. Some questions for the individual to consider are:

What is my financial situation (monthly income; total assets; obligations) and what is it likely to be in the years ahead?

What are my physical and social needs?

Do I require help with personal care and other daily activities? With cleaning and other housekeeping chores?

Would I prefer to eat in a central dining room? All meals or only dinners? Would I desire kitchen facilities?

Do I like group activities? Do I want to live among people of my age group only, or with mixed ages?

Do I prefer a "downtown," suburban, or country setting?

After considering these and related questions, you will be in a position to find the appropriate chapter of this directory:

Chapter 3 — Housing Facilities at Prevailing Market Rates — if you are looking for independent living in your own apartment at prevailing market rents or in a private retirement home. If you are ambulatory and in good health, wish to secure lifetime care regardless of future health, and can afford to "buy in," see life care contract homes.

Chapter 4 — Below Market Rentals — if you can live independently, but cannot afford to pay prevailing market rents. This chapter includes a comprehensive chart of federally assisted housing developments in both counties.

Chapter 5 — Residential Care Homes — if you do not need medical or nursing care, but are unable to live alone and need help with daily activities.

Chapter 6 — Health Care Facilities — if you require part-time or full-time nursing care. You will find information concerning both intermediate care and skilled nursing facilities and advice about how to find and evaluate such facilities.

Alternatives to moving: Home services & financial assistance

Before deciding to look for a new living arrangement, find out whether your community provides assistance which would make it possible for you to remain in your present home. There are two categories of assistance: home services and financial help.

HOME SERVICES

To find out whether the services described in this section are available in your community, contact your local Information and Referral Service (see page 7). If you are hospitalized, the Discharge Coordinator or Patient Care Coordinator on the hospital staff should be contacted.

Homemaker Services¹

Trained and supervised homemakers provide help with light housekeeping, shopping, preparation of food, and other normal household tasks for a limited number of hours per day or week.

Visiting Nursing Services^{1 2}

Professional nursing services by a R.N. on a fee per-visit basis are provided by Visiting Nurse Associations. Such Associations also provide Home Health Aides.

Personal Care Services^{1 2}

Home Health Aides, Practical Nurses, and Licensed Vocational Nurses (LVN) can be obtained through various nurses' registries, home health agencies, and employment agencies.

Home-Delivered Meals¹

Daily delivery of a hot meal to homebound elderly or disabled persons is a service offered by some homemaker agencies, senior citizen nutrition programs, or commercial enterprises.

Grocery Shopping Services¹

Homebound persons in some areas may order groceries by telephone through a home services agency or through some food markets.

Telephone Reassurance³

In some communities a volunteer may make daily phone calls to check on the health of a homebound person.

Friendly Visitors³

These services, in many communities, provide a friendly person who calls on you weekly in your own home, shares interests, and helps in small ways.

¹ Fees sometimes can be adjusted according to ability to pay.

² Fees **may** be paid by Medicare (or Medi-Cal) up to stated maximum number of visits.

³ No charge is made for these voluntary services.

Special Transportation Services

Low-cost taxi service for senior citizens and the handicapped is provided by some communities.

The Local Red Cross may provide transportation to medically-related appointments.

Escort services are now offered by some agencies serving senior citizens.

Home Maintenance, Repair and Housing Rehabilitation¹

In some communities, public and/or private services are becoming available for heavy cleaning, yard work, and small and large repairs to houses.

Day Care Programs¹

Now available in several communities, they are designed to provide socialization and supervision to slightly impaired or isolated persons, bringing them to their highest possible level of competency. Day care should be explored as an alternative to out-of-home placement.

FINANCIAL ASSISTANCE

The following forms of direct or indirect financial assistance may enable the older person with limited income to remain in his present residence:

Senior Citizens' Property Tax Assistance

A graduated refund of a portion of property tax is available for homeowners 62 or older, with household incomes of less than \$10,000 a year. Application must be made before September of each year. Call State Franchise Tax Board toll-free number for both counties:

800-852-7050

Renters' Tax Credit

A tax credit or refund for tenants is available as partial relief from property taxes incorporated in rent. Claim can be made by using State Income Tax form. For further information call State Franchise Tax Board

800-852-7050

Rent Assistance

Under a new Federal program a family or individual whose income falls within certain limits may receive rent supplemental assistance so that the qualifying person or family will pay no more than 25% of income for rent. It may be possible to remain in one's present unit if the renter qualifies for the program and the landlord is willing to participate. This program is called the "Section 8 Existing Housing Program" and is administered by the local County Housing Authority. Funds for this program are limited and not all who qualify can be helped.

For further information regarding qualifications and instructions for participating in the program call the Housing Authority in the County where you live.

¹ Fees sometimes can be adjusted according to ability to pay.

In San Mateo County call:

Housing Authority of the County of San Mateo

347-4031

Housing Authority of the City of South San Francisco

583-7631

In Santa Clara County call:

Housing Authority of the County of Santa Clara

241-0481

Housing Authority of the City of San Jose

278-8770

Supplemental Security Income (known as SSI or SSP)

This is financial assistance for those 65 or over, blind, or disabled individuals who meet specified income and asset requirements. If you think you may be eligible, apply to: Social Security Administration (nearest office).

Once qualified, SSI/SSP recipients can also obtain help with special circumstances as:

replacement of essential household equipment

required household repair

moving expenses

For such special assistance apply to: Department of Social Services, Santa Clara County **964-8740, ext. 231** or Department of Health and Welfare, San Mateo County **573-2222**

Assistance in securing chore services, light housework, or attendant care is available to all SSI/SSP recipients and some others having limited incomes, to pay for special needs. Apply to Department of Social Services (Santa Clara) or Department of Health and Welfare (San Mateo). See above.

Medi-Cal (California Medical Assistance Program). Grants health care benefits to all persons receiving Supplemental Security Income (SSI/SSP). Medi-Cal benefits are also available to almost anyone with fixed low income and limited assets. Don't wait until you have completely exhausted your resources before you call. Santa Clara County Department of Social Services (nearest office). San Mateo County Department of Health and Welfare (nearest office).

INFORMATION AND REFERRAL

To find out more about the supportive services described in this chapter you will need to explore your own community's resources. A network of information and referral (I & R) offices are available in both counties to help senior citizens and their families locate the services they need.

For the name and telephone number of the I & R agency serving your community,

Santa Clara County residents call: others **287-6600**
south county **683-2685**

San Mateo County residents call: others **573-2308**
south county **364-5600, ext. 2808**

Palo Alto residents call: Senior Services Center, **329-2308**
City of Palo Alto

Housing facilities at prevailing market rents

LOCATING RENTAL HOUSING

Inform friends, family, associates that you are looking for housing, what your requirements are and what you wish to pay.

Get newspapers as soon as they come off the press! In the classified section of **local daily newspapers** look for rentals in categories such as "apartments furnished" and "apartments unfurnished," "studios," and in locations such as towns or areas. The weekend classified sections contain the greatest number of new listings. Weekly papers, such as the **Valley Journal, Los Altos Town Crier, or Menlo-Atherton Recorder** also carry ads for housing.

Use Bulletin Boards

1. Post "Apartment Wanted" signs on bulletin boards in laundromats, supermarkets, community colleges, senior centers, local churches, and other community buildings in the general area in which you wish to live. On your sign, list your requirements fully, give your phone number, but **not** your name. Give enough information to "sell" yourself as a desirable tenant.
2. Check these same bulletin boards for "apartment available" notices.

Yard Signs

Look for "Vancancy" signs in front of homes or apartments in the area where you wish to live. Many owners advertise only at the site.

Use a reputable rental service; check with real estate offices; contact the local Chamber of Commerce.

Senior Citizens' Information and Referral offices **sometimes** know of available rentals. (See phone numbers on previous page.)

Apartment Guide — The Howard Apartment Guide lists apartment complexes by geographical region for the Greater Bay Area. Select the region you prefer and then contact the apartment managers about possible vacancies. The Guide is available at no charge from all Chambers of Commerce.

SELECTING RENTAL HOUSING

Questions to ask:

1. Are utilities included in the rent?
2. Is there a security deposit; is all or part of it refundable?
3. Are carpets and drapes provided? Who cleans them? When?
4. Are there restrictions, such as no pets or no children?
5. If an apartment complex, are there security measures?

6. What transportation is available?
7. Are basic shopping services close by?
8. Are social, religious and educational activities nearby?

Other questions to consider:

1. Is there enough space? Too much?
2. Is kitchen equipment provided and in good working order?
3. Has the unit been well maintained?
4. Do you like the neighborhood?

LOCATING A PRIVATE RETIREMENT RESIDENCE

Look for ads in daily and weekly newspapers; yellow pages of phone book. Check the listings on the following pages.

Check with:

1. Local Information and Referral Service
2. Senior Centers
3. The Chamber of Commerce
4. Social Service Agencies
5. Churches and Benevolent Societies (PEO, ELKS, etc.)

Find out about retirement residences still in the planning stages. For example, call the Jewish Family Service Agency in Belmont (591-8991) to learn about plans for an apartment complex, to include 50-60 studio and one-bedroom units; social program; one meal a day under consideration; possibly some units at below-market rents.

SELECTING A RETIREMENT RESIDENCE

Some helpful questions:

1. Is there a waiting list? How long is it? Must you make a deposit to get on the waiting list? Is all or part of it refundable?
2. What is the initial cost? Is all or part of it refundable?
3. What is the monthly charge? What does it include? Are extra charges made for utilities, garage, assessments?
4. If meals are included, must they be paid for if tenant is away?
5. Are facilities available for overnight visitors?
6. Are mealtime guests allowed? What is the charge?
7. Who provides housekeeping services both in the apartment and outside?
8. Are there provisions for recreation? Group activities?
9. Is there an alarm system in case of emergency?
10. Is health care available? Is a regular physician or staff physician on call?
11. Are physiotherapy and occupational therapy available?
12. Is there provision for hospital or convalescent care?
13. Are short stays permitted (a weekend or a week)?
14. Is transportation convenient?
15. Are basic shopping services nearby?
16. Are social, religious and educational activities nearby?

RETIREMENT RESIDENCES (RENTALS)

INCLUDING ALL MEALS AND MAID SERVICE

Palo Alto	CASA OLGA** 180 Hamilton Ave. 94301 325-7821	Semi-Pvt.	\$540.
		Private	\$750.
Mountain View	REDWOOD VILLA 1981 Montecito Ave. 94020 965-8633	Studio	\$600.
		1 BR for 1	\$650.
		1 BR for 2	\$900.
Los Altos	SEVEN OAKS RESIDENTIAL PARK* 1174 Los Altos Ave. 94022 948-7337	Semi-Pvt.	\$375.-420.
		Pvt. Room	\$540.-555.
		Pvt. Rm/Bath	\$600.
Sunnyvale	RETIREMENT INN OF AMERICA 175 East Remington Dr. 94083 738-3410	Studio-Semi	\$375.-405.
		Studio-Pvt.	\$575.-605.
Campbell	RETIREMENT INN OF AMERICA 290 N. San Tomas Aquino 95008 378-2535	Studio-Semi	\$365.-400.
		Studio-Pvt.	\$575.-625.
Santa Clara	VALLEY VILLAGE (Inn Units)*** 390 North Winchester 95128 241-7750	Private	\$290.
San Jose	VILLA FONTANA 5555 Prospect Road 95129 255-5555	Semi-Pvt.	\$500. up
		Private	\$650. up
Daly City	CASA BONITA* King Dr. and Junipero Serra 94015 878-5111	Semi-Pvt.	\$275.-360.
		Pvt. Room	\$425.
		Pvt. Rm/Bath	\$475.-575.
		Suite for 2	\$850.

Santa Clara	VALLEY VILLAGE *** 390 North Winchester 95128 241-7750	Studio (Includes 1 meal/day) 1 BR 2 BR for 2 (Meals on contract)	\$210. \$187.-197. \$212.-222.
Santa Clara	VILLA LO-RAE 1340 Pomeroy Ave. 95051 296-7233	Studio 1 BR 2 BR (Includes 2 meals/day; \$135. for second person)	\$395.-450. \$475.-550. \$610.
Sunnyvale	LIFE'S GARDEN 450 Old S. F. Road 94086 245-5433	Studio 1 BR (Meals available at extra cost)	\$240. \$280.
NO CENTRAL DINING			
San Jose	BOXER'S MAYFAIR VILLAGE 44 N. Jackson Ave. 95116 251-4540	1 BR 2 BR	\$160.-170. \$170.-175. (inc. utilities)
San Jose	HIDDEN BROOKS 463 Wooster Ave. 95116 998-0500	1 BR	\$160.-165.
San Jose	SHIRES APARTMENTS 180 N. 4th St. 95112 297-7476	Studio 1 BR 2 BR	\$127.-146. \$163.-174. \$201.

* Also licensed for residential care

** Primarily residential and intermediate care

*** Health care available

LIFE CARE CONTRACT HOMES

Seniors in good health who want to live comfortably, and with great security often choose to "buy in" to a life care contract home. The initial entrance fee, plus monthly maintenance charges, includes supplementary health insurance coverage, and assures guaranteed care for life.

The individual must be ambulatory and capable of independent living upon entrance, but if illness or disability develops, care is provided at the level required, including medical and skilled nursing. Health care facilities, except acute hospital care, are on the same premises.

Units are unfurnished, allowing residents to bring their own furniture. Three meals a day are served, although many units also have kitchen facilities. Maid service is provided as well as social rooms and cultural, educational and recreational activities.

Minimum age is 62 (one of a couple must comply), and the maximum is 75 or 80 on entry, flexible in some places. Waiting lists vary, depending on size of unit desired, and other factors. It is important to check with each home for latest information on waiting lists, monthly rates, and other details.

LIFE CARE CONTRACT HOMES

Basic Information	Entry Fee	Monthly Charges	Extent of Health Care Available and Cost
Palo Alto			
Channing House 850 Webster St., 94301 Phone: 327-0950	\$17,410 to \$43,260 (Studio to Suite)	Single \$325-591 Double \$704-832	Comprehensive medical, surgical and hospital care; infirmary with 14 beds for skilled nursing care; no charge for 1st 12 days; after 12 days an additional charge on a daily or prepayment basis; 32 non-ambulatory care beds.
P. A. Medical Research Foundation, Sponsor (238 units in an 11-story bldg.)			
Cupertino			
Sunnyview Manor 22445 Cupertino Road, 95014 Phone: 253-4300	\$ 8,000 to \$15,000 (Studio to 1 BR)	Single \$295-330 Double \$400-550	Health Center; 45 beds, skilled nursing care; no charge for 1st 10 days; long-term care @ \$23.50 per day semi-pvt. or \$26.00 per day pvt.
Lutheran Church, Sponsor (76 units in 1-story bldg.)			

Los Altos

Pilgrim Haven
373 Pine Lane, 94022
Phone: 948-8291

\$1,750 to
\$14,000

Single \$279-471
Double \$341-608

Personal care provided (12 rooms with 21 beds) semi \$335, pvt. \$437; also on the grounds, skilled nursing facility; monthly rate ward \$692, semi-pvt. \$759, pvt. \$858-925; long-term nursing care plan available.

American Baptist Homes,
Sponsor
(172 units in 1- & 2-story bldgs.)

Portola Valley

The Sequoias
501 Portola Road, 94025
Phone: 851-1501

\$15,000 to
\$47,000
care,
(Studio to
2 BR)

Single \$284-320
Double \$585-628

Nursing home with 48 beds on premises; complete medical care; including supportive care; all provided at no additional cost.

No. Cal. Presbyterian
Home, Inc., Sponsor
(281 units in 1-story bldg.)

Los Gatos

Los Gatos Meadows
110 Wood Road, 95030
Phone: 354-0211

\$17,600 to
\$52,750
(Studio to
2 BR or
cottage)

Single \$322-426
Double \$639-716

Ambulatory/supportive care by apartment aides; intermediate (convalescent) and skilled nursing care on hospital floor at no additional charge for those covered by Medicare.

Episcopal Homes Foundation,
Sponsor
(173 units in 2-story bldg.)

Below market rental housing

The chart on the following pages lists thirty-eight apartment developments which have been built with federal assistance under H. U. D. (The Department of Housing and Urban Development). Because federal funds provide mortgage interest rate reduction, rentals are below market levels, and there are also income limitations for tenants. The following information applies to most of the developments:

Health of Tenants

Prospective tenants must be in good mental and physical health, mobile, and capable of independent living.

Description of Rental Apartments

Most apartments include full kitchens or pullman kitchens, with appliances, except where otherwise indicated in the chart.

Some apartments have "emergency call" buttons which can be used at any hour of the day or night.

They are unfurnished, but may include carpeting and drapes.

Age Range

Some developments are limited to seniors, while others are for families and seniors, as indicated on the chart. Seniors are defined as 62 and older, and only one of a married couple need meet the age requirement. Upper age limit is usually flexible, determined by health rather than years. In those developments designed for the elderly, exception to the age limitation is made for certain handicapped individuals.

Rents, Meals, and Amenities

Rents include utilities in most developments. Exceptions are noted on the chart. Often parking is available.

In developments where a meal program is provided, participation is expected. The monthly rate is reasonable; often 5 or 7 dinners a week are included with lunches optional.

Coin operated laundries are found on most premises. Larger complexes usually feature meeting rooms, hobby areas, libraries, etc. In some developments, courses are offered and group activities encouraged. Often, tenants have their own organizations.

Income Limits

Maximum allowable annual income limits range as follows:

Single \$6,075 to \$7,150

Couple \$6,885 to \$8,650

The type of federal assistance, year of construction, and the county in which the development is located determine variations in rents and income limits. Check each development for exact figures.

Rent supplements may be available to people with lower incomes, permitting them to pay even lower rents. Some of the developments have no rent supplement tenants, some a percentage, and some are all rent supplement apartments.

Maximum annual income for rent supplement:

Single - \$ 4,500 Couple - \$ 5,100

Maximum assets:

Single - \$13,500 Couple - \$15,300

Partial subsidy of rent may also be available through Housing Authorities, in developments or other types of rental units (scatter sites). See Chapter 2, page 6, 7

Other

Usually 1 BR apartments are allotted to couples, not singles. Two BR apartments are usually reserved for families of three.

Most developments have **waiting lists** which vary from several months to several years. Differences depend on the size of the apartment desired. Usually a single man or a couple will have a shorter waiting period. In some developments there is greater possibility for early acceptance. Most of these are "family and senior" developments, in which seniors are preferred for the studio and one bedroom apartments. Periodic contact with the manager is advised to check status on the waiting lists.

NOTE: ALL RENTAL AMOUNTS AND INCOME LIMITS ARE AS OF JANUARY, 1976.

BELOW MARKET HOUSING-SANTA CLARA COUNTY

Rents	Meals	Setting and Size	Activities	Ages
Palo Alto				
LYTTON GARDENS 656 Lytton Avenue, Palo Alto, CA 94301 Community Housing, Inc., First United Methodist Church, First Presbyterian Church, Sponsors Phone: 328-3300				
Studio \$113-125 1 BR \$132-140	7 dinners per week at \$56. per month; lunches a la carte.	218 units in 1 to 4-story bldgs.; 152 studios; 66 1-BR.	Social and craft rooms; audito- rium for varied programs; courses.	62 and over
Palo Alto				
STEVENSON HOUSE 455 E. Charleston, Palo Alto, CA 94306 P. A. Senior Project, Inc., and Stebbins Fdtn., Sponsors Phone: 494-1944				
Studio \$82.00 1 BR \$121.50	5 meals per week at \$42. per month; (\$16.20 per month if non- participant.)	118 units in 2 to 3-story bldgs.; 82 studios; 36 1-BR.	Social room; lounges; arts and crafts;	62 and over

Rents	Meals	Setting and Size	Activities	Ages
Palo Alto				
ARASTRADERO PARK 574 Arastradero, Palo Alto, CA 94306 Privately owned and managed Phone: 493-4376				
1 BR \$122. 2 BR \$143.	No Central dining.	66 units in 3- story bldgs.; 12 1-BR; 24 2-BR.	No organized activities.	Family and Senior
Palo Alto				
COLORADO PARK APARTMENTS 1139 Colorado, Palo Alto, CA 94301 Palo Alto Housing Corp. and Mid-Peninsula Coalition Housing Fund Phone: 327-2520				
1 BR \$130. 2 BR \$158.	No central dining.	60 units in 2- story bldgs.; 8 1-BR; 24 2-BR.	Social room with kitchen.	Family and Senior
Palo Alto				
PALO ALTO GARDENS 649 San Antonio Ave., Palo Alto, CA 94306 Goldrich and Kest, Owners Phone: 494-2225				
1 BR \$59. 2 BR \$64. (all rent supplement)	No central dining.	155 units in 2- story bldgs.; 128 1-BR; 24 2-BR.	Rec. bldg. with kitchen; picnic area; parties; craft fairs; civ- ic programs.	Family and Senior (primar- ily Senior)

Mountain View

CENTRAL PARK APARTMENTS

90 Sierra Vista, Mountain View, CA 94043

Goldrich and Kest, Owners

Phone: 964-5600

1 BR \$65.
incl. parking
(all rent
supplement)

No central
dining.

148 units in 1
and 2-story bldgs.;
all 1-BR.

Club room with
kitchen; grassy
areas; pot-luck
dinners; bingo;
birthday parties.

62
and
over

Mountain View

TYRELLA GARDENS

449 Tyrella Ave., Mountain View, CA 94040

Privately owned and managed

Phone: 964-2874

1 BR \$122.

No central
dining.

56 units in 2-
story bldg.; 12
1-BR.

No organized
activities.

Family
and
Senior

Sunnyvale

ASTER PARK

1059 Reed Ave., Sunnyvale, CA 94086

Mid-Peninsula Coalition Housing Fund, Sponsor

Phone: 984-1060

1 BR \$126.

No central
dining.

95 units in five
2-story bldgs.;
12 1-BR units for
seniors are to-
gether.

Social room
with kitchen;
outdoor area.

Family
and
Senior

Rents	Meals	Setting and Size	Activities	Ages
Sunnyvale				
HOMESTEAD PARK 1617 Tenaka Place, Sunnyvale, CA 94087 Mid-Peninsula Coalition Housing FUND, Sponsor Phone: 732-2151				
Studio \$107. 1 BR \$121. (with patio)	No central dining.	212 units in 2-story bldgs.; 20 studios; 20 1-BR.	Social room with kitchen; senior patio; senior social committee.	Family and Senior
Santa Clara				
LIBERTY TOWERS 890 Main Street, Santa Clara, CA 95050 Methodist Retirement Foundation, Sponsor Phone: 243-6226				
Studio \$115. 1 BR \$133. (incl. parking)	5 dinners per week at \$50. per month; lunch at extra cost.	110 units in 11-story elevator bldg; 60 studio; 40 1-BR.	Social rooms with kitchen; courses; active tenant association.	62 and over
Santa Clara				
LAWRENCE ROAD APARTMENTS 3555 Warburton Avenue, Santa Clara, CA 95051 Privately owned and managed Phone: 296-1212				
1 BR \$135. (plus utilities)	No central dining.	86 units in nine 2-story buildings; 22 1-BR.	No organized activities.	Family and Senior

Milpitas**SUNNYHILLS APARTMENTS**

1722 Sunnyhills Ave., Milpitas, CA 95035

Privately owned and managed

Phone: 263-2626

Studio \$104.

1 BR \$117.

No central
dining.170 units in 2-
story bldgs.; 25
studios; 41 1-BR.No organized
activities.Family
and
Senior

San Jose**FUJI TOWERS**

690 No. Fifth St., San Jose, CA. 95112

Office: 639 No. Fifth St., San Jose, CA. 95112

Buddhist Church, Sponsor

Phone: 275-8989

Studio \$121

1 BR \$137

No central dining.

140 units in 6-story,
elevator building;
48 studios, 92 1-BR.Activities will
be planned.62 and
over

San Jose**HILLTOP MANOR**

790 Ironwood Dr., San Jose, CA. 95125

First Baptist Church, Sponsor

Phone: 267-2929

Studio \$100-164

1 BR \$120-197

Minimum of \$35
worth of meal
tickets per month.
Noon - \$1.75
Eve. - \$1.25
Sun. - \$2.60
Special diets
negotiable.146 units in 2-story
building; 108 studio,
38 1-BR; gardening
on grounds.Social room
with kitchen;
classes; crafts;
resident org.;
library; gift
shop.62 and
over

Rents	Meals	Setting and Size	Activities	Ages
San Jose				
MAYFAIR GOLDEN MANOR 175 No. Capital Ave., San Jose, CA. 95111 Co-operative Ownership Phone: 251-9105				
Studio \$134 1 BR \$164 2 BR \$190 1-Time Member- ship fee: \$100, 150 and 200.	No central dining.	210 units in 26 1-story and 2-story buildings; 60 studio, 108 1-BR, 42 2-BR.	Social room; activities; library	62 and over
San Jose				
TOWN PARK TOWERS 60 No. Third St., San Jose, CA. 95113 First Presbyterian Church, Sponsor Phone: 288-8750				
Basic Rent				
Studio \$105 Jumbo Studio \$114 1 BR \$114 (parking space \$5 per month)	7 dinners per week at \$50 per month.	216 units in 10-story buildings; 144 studio, 72 1-BR.	Social rooms with kitchen; library; tenant org.	62-80 at entry

San Jose**BLOSSOM HILL APARTMENTS**

5480 Lean Ave., San Jose, CA 95122

Privately owned and managed

Phone: 226-8800

1 BR \$128

2 BR \$159

No central dining.

168 units in 2-story
buildings; 48 1-BR;
no studio; 88 2-BR.No organized
activities.Family
and
Senior

San Jose**DON DE DIOS**

987 Fair Ave., San Jose, CA. 95122

Privately owned and managed

Phone 288-7770

1 BR \$130

No central dining.

70 units; all 1 BR.

No organized
activities.Family
and
Senior

San Jose**ELENA GARDENS**

1902 Lakewood Dr., San Jose, CA. 95132

Privately owned and managed

Phone: 262-6991

1 BR \$121

2 BR \$141

No central dining.

168 units in 10 1-story
and 2-story buildings;
48 1-BR; 82 2-BR.Social room
with kitchen;
courses.Family
and
Senior

Rents	Meals	Setting and Size	Activities	Ages
San Jose				
MONTE ALBAN APARTMENTS 1324 Santee Dr., San Jose, CA. 95122 Privately owned and managed Phone: 286-1903				
1 BR \$52 2 BR \$61 (all rent supplement)	No central dining.	192 units in 2-story buildings; 16 1-BR.	No organized activities	Family and Senior
San Jose				
SAN JOSE GARDENS 4660 Albany Dr., San Jose, CA. 95129 Privately owned and managed Phone: 248-0800				
1 BR \$108 2 BR \$132	No central dining.	176 units in 2-story buildings; 32 1-BR.	No organized activities.	Family and Senior
San Jose				
STORY APARTMENTS 2671 Foxdale, San Jose, CA. 95122 Privately owned and managed Phone: 251-1142				
1 BR \$112 2 BR \$135	No central dining.	287 units in 23 2-story bldgs; 27 1-BR; 30 2-BR.	Recreation room and activities	Family and Senior

San Jose

VILLA SAN PEDRO

210 Danze Dr., San Jose, CA. 95111

Privately owned and managed

Phone: 225-4503

1 BR \$141

No central dining.

2 BR \$166

100 units in 2-story
building; 34 1-BR,
45 2-BR.No organized
activities.Family
and
Senior**San Jose**

VILLAGE GREEN APARTMENTS

5404 Drysdale Dr., San Jose, CA. 95124

Privately owned and managed

Phone: 267-4800

1 BR \$145

No central dining.

2 BR \$175

96 units in 11-1 and
2-story bldgs.;
16 1-BR; 76 2-BR.No organized
activities.
Recreation room.Family
and
Senior**San Jose**

VILLA GARCIA

7213 Clarendon St., San Jose, CA. 95129

Human Bridge, Sponsor

Phone: 255-9465

Studio \$110

No central dining.

1 BR \$125

80 units in 2-story
buildings; 3 studio,
16 1-BR.No organized
activities.Family
and
Senior**Morgan Hill**

VILLAGE AVANTE

16480 S. Del Monte Ave., Morgan Hill, CA 95037

United Community Housing, Inc., Sponsor

Phone: 779-4361

2 BR \$133

No central dining.

112 units in 2-
story bldgs. 8 2-BR.;
none smaller.No organized
activitiesFamily
and
Senior

Rents	Meals	Settings and Size	Activities	Ages
Gilroy				
MILIAS APARTMENTS 7397 Monterey, Gilroy, CA 95020 Privately owned and managed Phone: 842-2121				
Studio \$117 (parking included)	Senior nutrition program 2 blocks away.	48 units in four-story bldg.; all studios	Lounge room; courses.	62 and over
Gilroy				
PIERCE STREET APARTMENTS 181 Pierce St., Gilroy, CA 95020 Privately owned and managed Phone: 842-6341				
1 BR \$112 2 BR \$139	No central dining.	54 units in one and two story bldgs.; 8 1-BR; 26 2-BR.	No organized activities.	Family and Senior
Gilroy				
GILROY APARTMENTS 500 I.O.O.F. St., Gilroy, CA 95020 Privately owned and managed Phone: 842-4457				
1 BR \$111	No central dining	110 in one and two-story bldgs.; 10 1-BR.	Social room with kitchen; classes; minibus	Family and Senior

BELOW MARKET HOUSING-SAN MATEO COUNTY

Rents	Meals	Setting and Size	Activities	Ages
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Menlo Park

PENINSULA VOLUNTEER RETIREMENT APARTMENTS

817 Partridge Ave., Menlo Park, CA.

Peninsula Volunteers, Sponsor

All inquiries should be directed to:

Properties Dir., Peninsula Volunteers Properties, Inc.

c/o Little House, 800 Middle Ave., Menlo Park, CA. 94025

Phone: 326-2025, ext. 9

Efficiency \$ 65	No central dining	29 units in 2-story	Available at	62 and
Studio \$ 75	(lunch available	elevator building; 6	Little House	over
1 BR \$100	at Little House)	efficiency, 16 studio,	(Senior Center)	
		7 1-BR.		

Redwood City

CASA de REDWOOD

1280 Veterans Blvd., Redwood City, CA. 94063

First Congregational Church, Sponsor

Phone: 365-4819

Studio \$92-104	5 dinners per week	134 units in 7-story	Social room with	62 and
1 BR \$112-118	at \$47 per month;	building; 76 studio,	connecting audi-	over
	lunch optional.	58 1-BR.	torium for varied	
			programs; trips;	
			lectures.	

Rents	Meals	Setting and Size	Activities	Ages
Belmont				
BONNIE BRAE TERRACE 2400 Carlmont Dr., Belmont, CA. 94002 Lesley Foundation, Sponsor Phone: 593-1818				
Studio \$93-108	Breakfasts and	163 units in 4-story	Large social	62 and
Studio / Alcove	dinners 7 days per	building; 150 studio,	hall and 2 sm.	over
\$133	week at \$80 per	13 1-BR; only 1-BR	meeting rooms;	
1 BR \$163	month.	have kitchen.	classes; trips;	
			crafts area;	
			tenant org.	
Half Moon Bay				
OCEAN VIEW PLAZA 1001 Main, Half Moon Bay, CA. 94019 Independent Order of Odd Fellows, Sponsor Phone: 726-5863				
Studio \$85	No central dining.	50 units in 1-story	Social room;	62 and
1-BR \$115		buildings; 42 studio,	tenant org.	over
		8 1-BR.		
San Mateo				
PARK TOWERS 700 Laurel Ave., San Mateo, CA. 94401 Lesley Foundation, Sponsor Phone: 342-2051				
Studio \$73-89	Breakfast and dinner	200 units in 11-story,	Lounge; read-	62 and
1 BR \$124-135	7 days per week at	downtown building;	ing room; trips;	over
	\$88 per month.	160 studio; 40 1-BR.	courses; tenant	
			org.	

San Mateo

PILGRIM PLAZA

120 N. San Mateo Dr., San Mateo, CA. 94401

Lesley Foundation, Sponsor

Phone: 343-7880

Studio \$77-98

1 BR \$115

No central dining.

56 units in 3-story
building; 44 studio,
12 1-BR.Social room
with kitchen,
piano and
organ.62-75
at
entry

Daly City

VILLA FONTANA

50 East Market St., Daly City, CA. 94014

Goldrich and Kest, Owners

Phone: 992-97001 BR \$160
(plus electricity)

No central dining

120 units in four 3-
story buildings; all
1 BR.

Social room.

62 and
over

South San Francisco

ROTARY PLAZA, INC.

433 Alida Way, So. San Francisco, CA. 94080

Rotary Club, Sponsor

Phone: 871-5323

Studio \$102

1 BR \$128

5 dinners per week
at \$36 per month.181 units in 4-story
building and 3-story
building; 123 studio,
43 1-BR.7 social rooms
in addition to
main dining room;
arts and crafts.62 and
over

Rents	Meals	Setting and Size	Activities	Ages
South San Francisco				
SKYLINE VIEW				
3880 Callen Blvd., So. San Francisco, CA. 94080				
Goldrich and Kest, Owners				
Phone: 871-8770				
1 BR \$142	No central dining.	160 units in 13 low-rise buildings; 56 1-BR, 88 2-BR.	Social room.	Family and Senior
2 BR \$171				

Residential care homes

Residential care homes are facilities for persons who do not need nursing care but do require assistance with some of the activities of daily living. They provide room, board and the level of personal care which is needed.

Kind of Care Provided

All meals

Laundry

Medication administered as prescribed by physician

24-hour supervision

Some personal care - each residential home provides a different level of services

No nursing staff or care

Physical Health of Potential Resident

Must be ambulatory

1. Able to move around without harming self or others
2. Able to use walkers, wheelchairs or canes in homes with suitable license (about 10%)

Each home sets its own policies on personal assistance - most homes require resident to be able to feed self and go to bathroom by self.

Before acceptance, doctor must fill out report stating potential resident does not need professional nursing care.

Considerations in Finding a Suitable Home for Resident

Each home provides a different environment that should be matched to the needs of the individual.

Needs of resident change so a decision should not be considered final.

Financial Arrangements

Each home sets own rates and an admission agreement must be signed covering:

1. Monthly charge
2. Number of days notice to move or for operator to change rates
3. A release so owner could use own doctor for resident in an emergency

Rates range from \$300 to 650. Special needs may result in additional charges.

Recipients of Supplemental Security Income (SSI/SSP) may have their grants increased to cover the cost of residential care plus personal expenses. While the State Department of Health sets guidelines of rates for SSI recipients at \$269 (minimum) to \$289 (personal care services needed), prospective residents should discuss costs with the administrator. Not all homes accept residents at these rates.

Persons whose monthly income is below \$326, and who require a residential care setting, should apply for SSI at the nearest Social Security office.

Residential Care Home/Facility License Regulations

Any home providing care as well as room and board must be licensed.

1. If up to 15 residents, licensed by County
2. If over 15 residents, licensed by State

Homes are inspected by County or State each year for license renewal.

Approximate Number of Homes and Beds

Santa Clara County — 178 homes; 2024 beds.

San Mateo County — 39 homes; 196 beds.

Where to Call for Information (about location, vacancies and licensing)

All interested individuals, regardless of income, are encouraged to avail themselves of an information and counseling service provided by public agencies. Those who already have a case worker should consult him/her.

Santa Clara County

Referral Worker

Residential Care Homes for Adults, Licensing Unit

Department of Social Services

North County

321-2141, ext. 2947

Central and South Counties

299-2947

San Mateo County

Residential Care Homes for Adults and Aged,

Licensing Unit, Department of Health and Welfare

573-2431

South County

364-5600, ext. 2431

So. San Francisco Area

873-1800, ext. 2431

Help in Selecting a Residential Care Home

"A Guide to Help in the Selection of Residential Care Homes" is available from the California Association for Mental Health, 901 "H" Street, Sacramento, Ca. 94814. No charge for single copies.

Some useful questions to consider:

1. What type of activity programs are provided — T.V., library, instruction, quiet games?
2. May residents bring their own furniture?
3. May residents have guests for meals?
4. Is space available for guest parking?
5. Is location convenient to services such as banks and libraries?
6. Is transportation provided to shopping, community activities, programs, performances, outings?
7. Environment: Would potential resident prefer a small quiet home atmosphere or a larger facility with many residents and an activity program?

Health care facilities

Several names are commonly used to designate health care facilities: convalescent hospital, extended care facility, skilled nursing facility, sanitarium, rest home. It is difficult to know what these terms mean, and the name of a facility does not really tell you what kind of care is provided.

Two different levels of care are offered by nursing facilities: intermediate care and skilled nursing care, depending upon the amount of nursing care that is provided and the consequent difference in cost. Some facilities offer both kinds of care and others only one.

WHAT TO CONSIDER WHEN LOOKING FOR A NURSING FACILITY

Each facility provides a different environment that should be matched to the needs of the patient. Some helpful questions:

1. Is the location convenient?
2. Will your own doctor care for you there?
3. Does it look pleasant
4. Do patients look well cared for? content?
5. Can you talk with staff and patients easily?

Since needs of the patient are likely to change, no decision should necessarily be considered final.

Several organizations publish extensive check lists which are useful in evaluating nursing facilities. Two organizations to contact are:

Bay Area Comprehensive Health Planning Council
16 California Street, Suite 302
San Francisco, CA. 94111

American Health Care Association
1200 Fifteenth Street, N. W.
Washington, D. C. 20005

Local libraries and Information and Referral offices have listings as well.

Another valuable resource evaluating nursing facilities is the Department of Health Licensing Field Service District Office. Their inspection reports on each nursing facility are public record, and can be a guide to past performance, to be used in conjunction with other guides and actual visits.

For San Mateo and Santa Clara Counties, the Licensing District Sub-office is at 888 North First Street, Room 315, San Jose, CA.

277-1784

INTERMEDIATE AND SKILLED NURSING FACILITIES

Intermediate and skilled nursing facilities, under the category of nursing facilities, have two levels of care: Skilled Nursing Facility (SNF) and Intermediate Care Facility (ICF). Both utilize licensed nurses with SNF providing bed care.

License regulations

All nursing facilities must be licensed by the State. Check facility license and administrator's license.

Facilities are inspected by State for license renewal once a year.

Approximate number of facilities

Santa Clara County

55 skilled nursing facilities, three of which have intermediate care beds.

1 intermediate care facility.

San Mateo County

27 skilled nursing facilities.

Intermediate care is also provided at many of the above.

Where to call for information about locations and licensing. All interested individuals, regardless of income, are encouraged to avail themselves of the following services. Call individual facility about vacancies.

Santa Clara County

Nursing home unit — **299-3584 or 321-2141 ext. 3584**

Department of Health — **297-1636, ext. 381**

Department of Social Services — **299-1121**

North County — **964-8740, ext. 258**

San Mateo County: Long Term Care Unit — **573-2661**

Hospital Discharge Coordinators or Social Workers are available in most hospitals. They should be contacted while patient is in the hospital to assist in planning for post-hospital care.

Complaints about nursing facilities in either County should be reported to the State Department of Health — **277-1784**

DIFFERENCES BETWEEN INTERMEDIATE CARE AND SKILLED NURSING FACILITIES

**Physical Health of
Potential Patient**

Intermediate Care Facility

Patients admitted only on order of a physician

Must be able to get into and use walking devices by themselves.

Must be able to get to dining room by themselves.

Must be continent.

Skilled Nursing Facility

Patients admitted only on order of a physician

Must not require hospital care but may be non-ambulatory.

May have meals served in their rooms.

Must be able to dress self or require only limited assistance.

**Type of care
Provided**

Intermediate Care Facility

Physician required to check patient every 90 days.

All meals including medically required diets

24-hour supervision.

Medication given on physician's orders

Activity program.

Intermittent nursing care.

a. If under 100 beds a registered nurse or a licensed vocational nurse is required during day only, and there must be a registered nurse on consultation.

b. If over 100 beds a registered nurse is required at all times.

**Financial
Arrangement**

Medi-Cal payment can be used in an intermediate care facility, but not all facilities accept Medi-Cal.

Medicare does not cover this level of care.

Skilled Nursing Facility

Physician required to check patient once a month.

All meals including medically required diets

24-hour supervision.

Medication given on physician's orders

Activity program.

Skilled nursing care.

a. If under 100 beds, a registered nurse is required during day time only.

b. If over 100 beds a registered nurse is required at all times.

Medi-Cal and Medicare and some private insurance policies cover skilled nursing facilities.

a. Not all facilities accept Medicare or Medi-Cal.

b. Not all facilities are certified for Medicare.

c. Medicare applies only if patient is admitted within 14 days after discharge from a hospital and as long as the review team determines that the patient needs skilled nursing care.

Each facility sets its own rate and an admission agreement must be signed covering:

- a. Monthly charge plus service fee.
- b. Number of days' notice to move or for rates to change.
- c. A release so facility can use own doctor for patient in an emergency.

Range of costs: \$18.-25.
per day; \$540.-750. per
month.

Range of costs: \$22.-38.
per day; \$650.-1,100 per
month.

FLORENCE BAKER REGISTRY

Referral and placement in residential care, intermediate care and skilled nursing facilities, and retirement complexes with meals which **are listed with the agency**. No cost to client for placement referral. Serves San Francisco Peninsula.

Palo Alto, 343 Cowper, 94301
Toll-free call from San Jose

326-8803
965-1430

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HOW TO OBTAIN COPIES OF **WHERE TO LIVE**

Multiple copies may be requested from the Senior Coordinating Council of the Palo Alto Area by agencies and institutions. A contribution of 35c per copy is requested toward the publication of future editions. To order, write to P. O. Box 11356, Palo Alto, 94306, or call **329-2920**.

Individual copies will be available at several places in both counties, including:

In Palo Alto: Senior Services Center
270 Forest Avenue
Palo Alto, 94301
329-2308

In Santa Clara County: Council on Aging
277 W. Hedding Street
San Jose, 95110
287-7111

In San Mateo County: Area Agency on Aging
County Office Building
County Government Center
Redwood City, 94063
364-5600

Outside the two counties, direct inquiries to:

Public Affairs Department
Association of Bay Area Governments
(ABAG)
Claremont Hotel
Berkeley, 94705
841-9730